



VILLAGE OF WALTON HILLS

WORK. PLAY. LIVE.



NOVEMBER 2015

Journal

Dear Neighbors and Friends,

Many of you are aware of the different issues concerning the Village of Walton Hills and our neighboring communities by reading the *Journal* each month. As your village officials, we try to be transparent in the articles that we write, but even in doing so, many villagers are still having a hard time understanding some of the issues presented in those articles.

We try to serve the community with a purpose. Each of us has challenges throughout our lives, and how we face them defines who we really are as a whole. When challenges that we cannot control come into our lives, we must always strive to find a positive in each circumstance.

To combat some of the challenges of life, the Village of Walton Hills has supported the Mentoring Network program in the Bedford Schools to encourage local youth to keep moving forward through tough times. The goal of the program is to positively impact as many students as possible by developing character, confidence, and leadership. Governor John Kasich has recognized the Mentoring Network program. With the state's support in grant funding, we can

continue to make a positive impact in the lives of the students at Bedford High School and Heskett Middle School over the next several years.

To each of us that are husbands, wives, sons, daughters, mothers, fathers, employers and employees, the most important thing to take back to our homes, our businesses and our communities is this simple statement: what you give will grow and what you keep you will not grow and be lost forever.

If you give love, if you give time, if you give your efforts to others close to you and others that you directly impact on a daily basis, all the good that you have grows, prospers and spreads. It spreads through your family, through your business and it spreads through your community. If you keep all of those things to yourself, it will dry up and die. To me, this is the definition of service. We have a short time on earth and we should work to serve others. Each of us too will realize, when you live by this philosophy, you will not be looking down the road and thinking you're owed another good thing. Instead, you will be looking behind you and you will finally see what I see: the thousands of hands that have served us, all the people that have made a difference in our lives and the blessings that we have received. "Remember Kindness Grows Kindness."

I would like to personally invite each of you to attend our Veterans Day program on Wednesday, November 11th at 11 am. We will honor those that have served in the U.S. Armed Forces. **I wish everyone a very happy and blessed Thanksgiving!**

Sincerely serving you,

Kevin Hurst

Mayor/Safety and Economic
Director, **I.G.I.T.**



Decorating the village gateways, the Village Hall grounds and the intersection of Alexander Road and Walton Road with pumpkins, cornstalks, bales of hay and beautiful flowers creates a festive fall atmosphere for all to enjoy!

www.waltonhillsohio.gov



PICK YOUR RIDE

CARS - CASH - FREE PLAY



COME ON AND TAKE A FREE RIDE

Every Saturday in November, you could win cash, Free Play or the grand prize, where you choose between two killer rides.

- Drawings every hour, 3PM – 7PM, including the Grand Prize at 7PM
- Earn entries November 1 – 28, 2015
- Receive one entry for every 10 Base points earned
- Win Free Play and up to \$1,000 cash every hour
- Grand Prize winners choose either a 2016 Buick Regal or a 2016 GMC Canyon

GRAND PRIZE DRAWING

- 1st: Choice of Buick Regal or GMC Canyon
- 2nd: \$2,500 cash
- 3rd – 5th: \$500 Free Play

HOURLY DRAWINGS

- 1st: \$1,000 cash
- 2nd – 5th: \$250 Free Play



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Must be 21 years of age or older. Non-transferable and non-negotiable. Management reserves the right to cancel or modify this offer without notice. Other restrictions may apply. See Players Club for details. For free, confidential help 24/7, call the Ohio Responsible Gaming Helpline at 1.800.589.9966. ©2015 Hard Rock International (USA), Inc. All rights reserved.



Your Village Officials

Top row: Councilpersons Gloria Terlosky, Paul Rich, Mary Brenner-Miller, Brian Spitznagel

Bottom row: Councilman Don Kolograf, Mayor Kevin Hurst, Councilman Denny Linville

Legislation Unanimously Approved at the 10.20.15 Regular Council Meeting

Council meeting minutes are available in their entirety on the Village website

Ordinance No. 2015-7 repeals and replaces Chapter 260, Employees Generally, of the Village's Codified Ordinances.

Resolution No. 2015-31 resolves the appeal filed by Marie Santoli in response to the finding of the U.S. District Court in favor of the Village.

Resolution No. 2015-32 authorizes an application for a Community Development Block Grant.

Resolution No. 2015-33 authorizes a shared services agreement with Parma Heights for tax administration services.

Opportunity for Students Interested in Politics and Government

ATTENTION!! Students between the 7th and 12th grades, if you are interested in politics and how our government works and want to experience first hand writing legislation, please contact the Village Hall at 440.232.7800. The Hawthorne Valley Youth Council offers first hand opportunities in learning and influencing legislation. It's a great chance for you to make a difference and gain leadership skills. All residents of the Bedford School District are eligible, even if they attend schools in other school districts. Please don't miss out on this wonderful opportunity!

November 3rd General Election Information

- The 2015 General Election will take place on Tuesday, November 3rd. The Village Community Room will be open for voting from 6:30am to 7:30pm. Please bring proper identification.



- Vote by Mail ballot applications must be received by the Board of Elections by noon on Saturday, October 31st.
- Vote by Mail ballots must be postmarked on or before November 2nd.
- Vote by Mail ballots cannot be dropped off at a voting location. They must be mailed or dropped off at the Board of Elections.
- Early voting takes place at the Board of Elections through Monday, November 2nd. If interested, please call the Board of Elections at 216.443.3200 for the hours.

The Village Hall will be closed on Wednesday, November 11th in honor of Veterans Day.

However, we will still have our annual Veterans Day program at 11am. All are welcome!



Walton Hills Police Department Information

Kenn Thellmann, Chief of Police / Councilman Denny Linville, Safety Committee Chair

Seasonal Fire Prevention Tips

A home is often referred to as a safe haven and as the colder season blows in, here are a few simple tips to help you avoid fires and reduce the risk of injury should one occur. Be sure to share these tips with your family and friends.

- **Smoke Alarms** – Install a smoke alarm on every level of your home and test it monthly.
- **Prevent Electrical Fires** – Don't overload circuits or extension cords. Don't put cords or wires underneath carpets or high traffic areas. Check to avoid loose connections of the plug at the wall receptacle. Poor connections can cause overheating and could cause a fire.
- **Keep Plugs Safe** – Unplug all appliances when not in use. If a plug is overheating, smells strange, shorts out or sparks, the appliance should be shut off immediately, then replaced or repaired.
- **Alternate Heaters** – Make sure there is ample space around any portable heating unit. Inspect your chimney annually and use fire screens to help keep any fires in your fireplace.
- **Fire Safety Sprinklers** – When combined with working smoke alarms, home fire sprinklers greatly increase your chance of surviving a fire. Sprinklers are affordable and can increase your property value and lower your insurance rates.
- **Create an Escape Route** – Create and practice your escape route with your family from every room in the house. Practice staying low to the floor and checking for hot doors with the back of your hand.
- **Position Appliances Carefully** – Try to keep TV sets and other appliances away from windows with curtains. If there is a wiring problem, curtains can spread a fire quickly. Additionally, keeping your appliances away from water sources like rain can help prevent wiring damage which could cause a fire.
- **Clean Dryer Vents** – Clean the lint filter on your dryer every time you start a load of clothes. Make sure your exhaust duct is made of metal tubing and plastic or foil. Clean the exhaust duct to prevent blockage and lint build up behind the dryer at least twice a year.
- **Be Careful Around the Holidays** – If you fill your home with lights during the holiday season, keep them away from anything that could easily catch fire. Check all of your lights prior to stringing them up and dispose of anything with frayed or exposed wires.
- **Conduct Regular Inspections** – Check out all of your electronic equipment and wiring at least once a month.

Walton Hills Recognized for Completion of "Ready Cuyahoga County"



Walton Hills became the 9th out of 59 communities in Cuyahoga County to be recognized for their hard work and commitment to emergency preparedness and the safety and well-being of its residents by completing the "Ready Cuyahoga County" certification program. This is the first time that Walton Hills has received this award, demonstrating regionalism and recognizing the great leadership and cooperation between the Village's safety forces (Walton Hills Police and Dispatch and the Oakwood Fire Department). Accepting the award for the Village at the October 20th Council meeting were Walton Hills Police Captain Stan Jaworski (left), Dispatch Supervisor Abby Frejofsky and Assistant Fire Chief Dave Tapp (both center). Also present were Police Chief Kenn Thellmann (second from left) and Fire Chief Jim Schade (second from right). Walter Topp and Jeff Harraman from the Office of Emergency Management presented the award.

Don't forget to LIKE US on FaceBook



(Walton Hills Police Department) for information, photos, events and updates.

Walton Hills Citizens' Police Academy

Due to the success of the Senior Citizens' Police Academy, the police department would like to offer a similar academy to village residents of all ages. If you think you'd be interested, please fill out this form and return it to the police department:

WALTON HILLS CITIZENS' POLICE ACADEMY

Name _____
Address _____ Phone Number _____
Age _____ Driver's License Number _____
Shirt Size: _____
Do You Need Transportation? _____ Yes _____ No
Special Needs _____
Signature _____ Date _____

A Message from Our Veterans' Liaison

Abby Frejofsky, Walton Hills Veterans' Liaison + 440.232.1313 + AbbyF@waltonhillsohio.gov

November 11th is the day we honor the men and women that have served in the US Armed Forces, but do you know why the federal holiday is observed on November 11th? As we honor the men and women who have served and are serving our country, here is a little history of Veterans Day:

World War I, known at the time as "The Great War," officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh

day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."

In November 1919, President Wilson proclaimed November 11th as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

Source: VA Public Affairs

Soldiers of the 353rd Infantry near a church at Stenay, Meuse in France, wait for the end of hostilities. This photo was taken at 10:58am, on November 11, 1918, two minutes before the armistice ending World War I went into effect.

**The Village of Walton Hills
will honor those who have served and
are serving our nation with a
Veterans Day Ceremony
on Wednesday, November 11th
beginning at 11am at the Village Hall.**



November Recreation News

Carol Stanoszek, Recreation Director (440) 786-2964 stanoszekc@waltonhillsohio.gov
Mary Brenner-Miller, Recreation and Community Life Committee Chairwoman

Event: VETERANS PANCAKE BREAKFAST**Date:** Sunday, November 8th

Time: 9am to 12:30pm

Site: Community Room

Cost: Free breakfast to all veterans. Adults \$5.00
Children \$3.00

Note: Sponsored by the Walton Hills Women's Club and the Village of Walton Hills. Breakfast consists of pancakes, sausage, fruit salad and beverages.

Event: VETERANS DAY SERVICE**Date:** Wednesday, November 11th

Time: 11am

Site: Community Room

Cost: Free

Note: Join us in honoring the men and women who have served our country in the US Armed Forces. Refreshments will be served following the ceremony.

Event: MEET KATHLEEN KAPUSTA / OPERS RETIREE SERVICES and MEDICARE PART D MEETING**Date:** Monday, November 16th

Time: 6:30pm

Site: Community Room

Cost: Free

Note: Kathleen, the Village's new social worker, will be speaking on OPERS retiree services and also on Medicare Part-D information. Q & A afterwards. Please see the spotlight article on page 10 to learn more about Kathleen!

Event: WEST SIDE MARKET**Date:** Wednesday, November 18th

Time: Leaving Village Hall at 10:30am

Site: Cleveland

Cost: \$1.00 plus what you buy and your lunch

Note: Do your Thanksgiving shopping and enjoy lunch out with friends!

Event: SENIOR LUNCH**Date:** Monday, November 30th

Time: 11:15am

Site: Community Room

Cost: \$5.00

Note: BINGO! Have lunch with your neighbors and friends, and win some prizes playing bingo!

Event: CAROL'S BOOKWORMS**Date:** Monday, November 30th

Time: 7pm

Site: Community Room

Cost: Please bring a canned food item for our food pantry

Note: Join our nice group of ladies to discuss our book.

LOOKING AHEAD TO DECEMBER:**Event: TREE LIGHTING****Date:** Sunday, December 6th**Event: SANTA DROP OFF****Date:** Monday, December 7th**Event: SANTA DELIVERY****Date:** Saturday, December 12th

Note: More information ahead in the coming weeks for December's events!

CAROL'S BOOKWORM REVIEW

Last month we read and discussed the book,
"Leaving Time" by Jodi Picoult.
We rated this book:



Out of 5

MEN'S BASKETBALL

Starts Wednesday, November 4th from 7pm to 9pm
at the Walton Hills Church of Christ,
7166 Dunham Road.
Play basketball every Wednesday
through March 30th, 2016.

Driver Needed

There is an opening for a part-time driver for the Recreation and Community Life Department to transport residents to and from appointments, Monday through Thursday. Applicants must be in good physical shape, have patience and enjoy helping seniors. Applicants must have a CDL license and a good driving record. Applications are available at the Village Hall or online at www.waltonhillsohio.gov. For additional information, call Carol at 440.786.2964.

WIN-WIN BENEVOLENT FUNDRAISER #4

Councilwoman Gloria Terlosky, Information Committee Chairwoman

There are currently four families in our village in need. Forty-three residents and their friends rose to the occasion and attended the Amish/Country Fundraiser to help those families in need to make their lives a little easier. Anyone of us can be just a heartbeat away from being added to this list of four families; unemployment, medical bills or a sick child can put any of us behind the eight ball on our bills or a non-excitant revenue stream. There are NO exceptions!

On Saturday September 19, 2015 the sleepy little Village of Walton Hills transformed itself into Amish Country. Pumpkins, gourds, haystacks and hay bales sprouted up on every gateway corner around the village and continued to flow right into our community room. Straw hats, denim dresses and suspenders were the dress code for the evening. We were treated to some great Amish fare, prepared for us by fellow villager, Dennis Kolar, owner of K & K Meats. We feasted on um um good finger likin' fried chicken, buttery mashed potatoes, gravy, corn, slaw, rolls and butter. A generous serving of mouth watering fruit and berry pies accompanied our good hot cup of coffee which completed the meal.

After we finished our dessert the fun began; we settled back in our seats, let our belts out a couple of notches and were entertained with some Amish/Country humor, music, and down home fun via a video from the Amish Country Barn located in Walnut Creek, Ohio. Our funny bones were tickled and our hearts were lighter knowing that we were in this room offering a helping hand to one of our fellow neighbors in need. Through their generosity and donations we raised \$1,020 that will be distributed through our Community Life Department to those villagers who need a little help at this time in their lives.



Everyone that attended Fundraiser #4 received a little token of appreciation as they left the community room that evening. But the best and most precious gift of all is to know that you are serving your fellow man and your community. I give my heartfelt thanks to all of you who attended our dinner or gave a

donation and a special thanks to Carol, Karleen, their helpers and our service department. Their efforts made the fundraiser a Win-Win for everyone. Hope to see you next year for Fundraiser #5! God Bless America and God bless the people of the Village of Walton Hills.

Thank you for your support!



Thank You Carol James Florist

Our most sincere appreciation is extended to Carol James Florist, located at 451 Broadway Avenue in Bedford, for donating a beautiful floral arrangement for display in the Village Hall lobby every week.

Please patronize this wonderful florist!

Their phone number is 440.786.1811.



Street Commissioner's Report

Dan Stucky, Street Commissioner / Councilman Brian Spitznagel, Infrastructure Committee Chairman

I hope you all took time to watch the leaves turn this fall. But now it is time to go to work! The Service Department will pick up leaves through November as long as the weather permits. When the leaves become frozen and snow covered, the leaf machine cannot pick them up. Remember to pile them close to the road, in a neat row or pile, free of any debris and away from sign posts and mailboxes.

For those qualifying senior/handicapped residents who have not signed up for snowplowing, it is still not too late! Our provider this year is SharpScapes, Inc. All senior (65 or over) or handicapped residents who have earned income less than \$10,000 and have no other person residing with them who is capable of providing snow removal service are eligible for this program. A one-time payment of \$168 must be included with the application to cover the cost of the entire snowplowing season. **The deadline to sign up is Thursday, November 12th. No applications will be accepted after that date.** *Please remember that your service agreement will NOT be with the Village. It will be between you and SharpScapes. The Village will monitor the performance of the service provider. However, any complaints must first go to SharpScapes for correction and not the Village. Their number is 440.221.5657.*

Construction crews continue to make progress on the Sagamore Road pavement improvement project. All work is scheduled to be completed this November. We appreciate your continued patience with this greatly needed work.

The transition to the convenient, sturdy, animal resistant trash carts has been very smooth. Below are just a few things to keep in mind:

- Pull the carts within two to three feet of the street with the lid openings facing the street. Carts should be at least three feet from one another and other objects such as parked cars, mail boxes, trees, or bulky trash items. You do not have to pull both carts out every week. Just place them out when they are full.
- Place your recyclables directly into your bright green recycling cart; you do not need to use blue bags any longer. However, it is recommended that trash be bagged so it won't stick to the inside of the trash cart.
- If you cannot fit all household trash in your cart, please place excess trash in separate containers or trash bags. Items not collected include automotive parts or construction materials generated by contractors performing work on homes.
- Kimble does not operate on the following holidays: New Year's Day, Memorial Day, 4th of July, Labor Day, Thanksgiving, and Christmas. If a holiday falls on a weekday, service will be delayed by one day. Therefore, trash/recyclables will be picked on **Saturday, November 28th due to the Thanksgiving holiday.** Please note that Veterans Day, although it is a legal holiday, does not affect the service schedule.

November Environmental Message – Be Thankful for a Healthy Lawn

- Fall is the best time to feed the lawn. Amend the soil according to the soil test results.
- Every three years, test soil in the late fall to determine what nutrients need to be added to the soil. Testing can save money, time and prevent over-application of nutrients. Kits can be found at local Soil and Water Conservation District or Cooperative Extension offices.
- Continue mulching leaves in place. Cut leaves smaller by mowing over them more than once, or add leaves to your compost pile.
- Did You Know? Grass clippings left on the lawn do not cause thatch. Nitrogen-rich grass clippings are 80-90% water and break down quickly to feed the soil.



K & K Meat Shoppe

6172 Dunham Road – Maple Heights (Turney-Dunham Shopping Plaza)

216.662.2644 "Where Service & Quality Meet"

Store Hours: Monday – Friday 9am to 6pm; Saturday 9am to 5pm; Sunday 9am to 2pm

Owned and Operated by Walton Hills Resident Dennis J. Kolar, Jr. - Family Owned and Operated Since 1979



Advice from Kathleen Kapusta, LISW-S Social Worker

Don't Lose Sight of Age-Related Macular Degeneration

What is age-related macular degeneration (AMD)?

AMD is a leading cause of blindness in the United States. The macula, which is in the back of the eye, controls our sharp, central vision. For some people with AMD, the macula gets weak slowly, with gradual vision loss, while for others with AMD, the growth of abnormal blood vessels causing blood and fluid leakage can lead to sudden vision loss in one or both eyes.

Who is most likely to get AMD? People over the age of 60 have a higher chance of getting AMD. The chances get even higher as you get older. You also have a higher chance if you are white, smoke, are overweight, or have a family history of AMD.

What are the symptoms of AMD? People with early AMD may not notice much change in their vision, especially if the disease only affects one eye. There may be some blurriness that might improve with brighter light. As AMD gets worse, people may find it harder to see faces or words in a book. People with late AMD may notice that straight lines appear crooked and more of their central vision is lost.

How do you know if you have AMD? An eye care professional can tell if you have AMD by giving you a comprehensive dilated eye exam. During the exam, drops are

placed in your eyes to widen, or dilate, the pupils. Then a special lens is used to look at the retina for damage. The retina is the layer of tissue in the back of the eye that is sensitive to light. After the exam, your vision may be blurry for a period of hours.

How is AMD treated? AMD cannot be cured, but it can be treated to keep it from getting worse. In some cases, people's vision can get better. Catching AMD early is important to protect your eyesight. In the early stage of AMD, treatments can include eating better and taking more vitamins. Talk to your eye care professional about the best vitamins for you. If abnormal blood vessels develop, you may require drugs in the eye or laser surgery to help stop the growth of abnormal blood vessels in the retina.

What can you do to protect your vision? The risk of losing vision from AMD can be lowered by doing the following: Have a comprehensive dilated eye exam at least once a year if you are age 60 or older. • Exercise regularly and control your weight. • Quit smoking. • Eat more leafy green vegetables and fish. • Keep your blood pressure normal. • Keep your cholesterol levels low.

Source: National Eye Health Education Program

Breaking down the barriers that prevent people from getting/staying healthy



Wellness Station Features:

- Secure Onsite Health Monitoring
- Touchscreen Interface
- Live and On Demand Educational Programming
- Free for All Community Members

Located in the Village of Walton Hills Community Center



Spotlight on

Kathleen Kapusta

One of the many threads in the fabric of our Village

Many seniors are afraid to talk to social workers because they think they are trying to take them out of their home. In the 40 years that Kathleen Kapusta has been a social worker, she has never done this. Kathleen's goal is to help seniors remain in their home at their optimal level of living. This is what she plans to do in Walton Hills. On September 15th, Council voted unanimously to enter into an agreement with Kathleen's company, Associates in Lifestyle Management (ALM), to provide social work services to the residents of our community. She is a Licensed Independent Social Worker for the State of Ohio and a member of the National Association of Social Workers.

Kathleen started ALM in 1993 when she was a social worker in a hospital and discovered that there was a missing component for seniors when they were in the community. She realized that there needed to be some way to keep seniors connected to available services. She has successfully accomplished this in Brooklyn Heights since 2000 and since last year in Valley View. She has also been a consultant to hospitals, home health care agencies and nursing homes.

Kathleen views herself as an educator who will focus on senior case management, but will provide assistance to any age resident that is referred to her. She will assist with transition planning if a senior wants to or needs to look at other permanent or temporary living arrangements. She will be a link for families who do not live near their senior parents, educate on topics relevant to seniors, and serve as an advocate for seniors in problem solving. She will also address issues such as community resources, eligibility for state or county assistance programs, Medicare, health care coverage, (including health insurance selection for OPERS retirees),



healthy aging, maintaining good mental status, and the ups and downs of aging. She has provided support groups for those who have lost loved ones or are caring for family members in need. She encourages seniors to ask questions – she wants them to be assured that no question is too foolish or too simple to ask. Her philosophy is if she doesn't have the answer after 40 years, she will research and find the answer. She is here to help and be a friend to all in need.

Kathleen has an extensive background of serving others, including being the Coordinator of Senior Services for the City of Independence; Director of Care Support Services and Director of Social Services for Parma Community General Hospital; social work consultant for Fairview Home Health Care; and a clinical counselor for Veterans Administration Medical Center. She was also member, vice president and president of the Independence Board of Education and a member of the Cuyahoga Valley Career Center Board of Education. She currently is serving the second year of her first term as council member for Independence. She will be running for reelection in November.

Kathleen grew up in Slavic Village and graduated from Marymount High School. She graduated Magna Cum Laude from John Carroll University, earning

a bachelor's degree in Sociology. She was awarded a full tuition scholarship to Case Western Reserve University and earned a master's degree in Social Service Administration. Kathleen met her husband John when he was 12 years old – he lived in the house behind her house. They have been happily married for 39 years. They were blessed with three children: Scott, Rebecca and Mark. They sadly lost their son Mark at the age of 18 from muscular dystrophy. He was a true inspiration to all who knew him. He was the first student to graduate from the Independence School District in a wheelchair. Kathleen was honored to present him with his diploma as a member of the school board. She feels strongly that those with disabilities should be integrated into society; we should not close our eyes to their special needs. Kathleen and John instilled in their children the importance of helping others from the time they were very young. Although only 40 service hours are required for graduation from high school, Rebecca ended up with over 500 service hours and Scott completed over 700 service hours. Giving back is a way of life for her family.

Kathleen is a volunteer at the Cornerstone of Hope. She and John helped to start the Friends of Kiwanis and they both volunteer for their activities. She has conducted support groups for parents who have lost children. She is also a volunteer for the Ohio State Health Insurance Information Program. She loves reading, walking, gardening and traveling. She recently vacationed in Europe for the first time. Kathleen said it was "beyond all words!" And so is this special lady that we are very fortunate to have as an advocate for our community. Residents who are in need of Kathleen's assistance can contact Recreation Director Carol Stanoszek at 440.786.2964.

Calendar of Events

November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Election Setup Women's Club Board Mtg. 7 pm	3 Election Day 6:30am – 7:30pm	4 Historical Center Open 1-3pm and 7-8:30pm	5 Mayor's Court 4pm	6	7
8 Women's Club Veterans Pancake Breakfast 9am – 12:30pm	9 50 Plus Club Board Mtg. 10am	10 C.O.W. Mtg. 6pm	11 Village Hall Closed Veterans Day Service 11am	12 Mayor's Court 4pm	13	14
15 Antique Car Club Luncheon 12pm Lake Membership Mtg. 6pm	16 50 Plus Club Board Mtg. 1pm Meet K. Kapusta/ OPERS Retirement & Medicare Part D Mtg. 6:30pm	17 Council Mtg. 6pm	18 Trip to West Side Market 10:30am Women's Club Mtg. 7pm	19 Mayor's Court 4pm	20	21
22	23	24	25	26 	27	28
29	30 Senior Lunch 11:15am Carol's Bookworms 7pm					

Women's Exercise Class - Tuesdays and Thursdays from 6:30 to 7:30pm in the Community Room

Mahjonn - Mondays, Tuesdays and Thursdays from 1 to 4pm at the Walton Hills Church of Christ

Knit-Wits 2 Needles - Tuesdays from 1 to 3pm at the Walton Hills Church of Christ

For the most up-to-date info, call the Village Voice Info Line 440.735.5001 Option 5
Extra copies of the Walton Hills Journal are available at the Village Hall



Healthy lungs. Healthy life.

Wednesday, November 11 | 3 – 7 p.m.
440-585-7005

UH Richmond Medical Center

27100 Chardon Road, Richmond Heights, Ohio 44143

Wednesday, November 18 | 3 – 7 p.m.
440-735-4726

UH Bedford Medical Center

44 Blaine Avenue, Bedford, Ohio 44146

Lifestyle choices are often the cause of serious lung problems. Smoking, obesity and a sedentary lifestyle are major contributors to lung disease. As with all diseases, early detection is key to successful treatment and a positive outcome.

Love your lungs. Plan to attend one of our Respiratory Wellness events in November. You will enjoy:

- Free screenings including lung capacity, blood oxygen levels, heart rate and blood pressure
- Educational handouts on a variety of lung disorders
- One-on-one discussions with pulmonary rehab and pharmacy specialists
- Presentations by our board-certified pulmonologists
- Complimentary appetizers and beverages

Space is limited and registration is required. Please call the numbers listed above for more information or to register.



University Hospitals
Bedford Medical Center
Richmond Medical Center

Campuses of UH Regional Hospitals